



5K RUN/WALK EVENT INSTRUCTIONS

SHERATON SAN DIEGO HOTEL & MARINA GUESTS

Registered guests staying at the Sheraton San Diego Hotel & Marina can take the event-provided shuttle from the hotel to the 5K start line in Balboa Park. One 5K shuttle will pick up from Harbor Drive directly in front of the hotel lobby. Boarding will begin at 4:30 a.m. and the shuttle will leave at 5:10 SHARP. Space is first-come, first-serve. Return transportation to the hotel will be provided from Balboa Park until 11 a.m. You must show your room key and be wearing a mask to board. **You can wear your own mask or the event will provide a disposable mask as you are boarding the shuttle.**

START LINE & COURSE

Slower runners, jogging strollers, and ALL WALKERS must line up at the rear of the start line staging area. The race is a loop course that starts and finishes in front of the Hall of Champions at Pan American Plaza and Presidents Way. The course winds through beautiful Balboa Park, passing by the Museum of US, and crossing over the Cabrillo Bridge. There will be one water station on the route and accessible from 3/4-mile and approximately 2.5 miles.

TIME LIMIT

There is a 1-hour time limit for finishing the 5K. Participants must be able to maintain a 19:21-minute-mile pace or faster.

MEDICAL

There will be a medical tent at the finish line and another one along with self-serve ice in the Finish Line Festival.

RESULTS

Results will be posted in the Finish Line Festival near the beer garden and also online after the race at www.afchalf.com.

BEER GARDEN

Registered participants age 21 and older and displaying their bib number and **proper ID** receive a complimentary Ballast Point beer (limited to one per person while supplies last) in the beer garden between 7 to 10:30 a.m.

FINISH LINE

Once you finish you'll receive water, your finisher's medal, your post-event food and beverages in this order. Keep moving through the finish line until you have completely exited the fenced-in area. You may not wait in the finish line for other participants to finish. Once you've exited, walk the short distance to the Finish Line Festival and celebrate!

SOCAL 3X5 CHAMPIONS

2021 SoCal 3x5 champions will receive their medal from the Bling Bestowment booth located in the Finish Line Festival area. SoCal 9x5 medals will also be presented in this same area.

OFFICIAL EVENT PHOTOS

FinisherPix photographers will be taking race photos. You will be able to view your picture(s) by logging on to the [race website](http://www.afchalf.com) after the race. The race does not guarantee that every participant will be photographed.

AWARDS

There will not be an award ceremony. 5K age group awards will be available for pick up from the Information Booth after 8:00 a.m. Those who do not pick up their award on race day will be emailed instructions for picking up the award from our office in San Marcos or having it mailed for a fee. Awards not claimed within 30 days will no longer be available.

QUESTIONS?

Call (760) 692-2900, email info@inmotionevents.com, or visit the information booth at the AFC expo.

COVID NOTICE

Per state and county guidelines, we will not be requiring vaccinations or testing to participate in the race. We are asking participants to be responsible for their safety and the safety of others, by not attending the event if they are experiencing any of the following symptoms: cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Masks will be required on the shuttles and recommended inside the Expo.

EXPO

Saturday, August 14, 2021 | 9 a.m. to 5 p.m.

Sheraton San Diego Hotel & Marina Pavilion, 1380 Harbor Island Drive, San Diego, CA 92101

You must attend the expo to pick up your bib number, shirt and reusable grocery bag. Be prepared to show a photo ID to claim your bib number. If you're unable to pick up your bib number, and someone is picking it up for you, they must present a photocopy or electronic copy of your photo ID. Once you pick up your bib number, present it to claim your shirt and grocery bag. Please note that while we will do all we can to ensure you receive the shirt size you requested, we cannot make any guarantees.

Per the current CDC and San Diego County guidelines, it is recommended that everyone wear a face-covering in indoor public settings, whether you've been vaccinated or not. This will apply to the AFC Fitness Expo.

Free expo parking will be located in the dirt lot just before the hotel entrance on the west side of Harbor Drive. Factor in a 5 minute walk from the parking lot to the expo venue. Paid parking will be available in the hotel's main parking lot.

At the expo, shop our line of stylish and affordable America's Finest City Half Marathon and Triple Crown souvenirs. There will be other vendors offering great deals on products and services you'll appreciate.

RACE DAY

Sunday, August 15, 2021 | 5K start 6:10 a.m.

The 5K starts and finishes in Balboa Park in front of the Hall of Champions. This is the same location as the half marathon finish.

TIMING

Your bib number will have a plastic strip which is your timing device and should not be removed.

RACE DAY BIB NUMBER AND SHIRT PICKUP

If you're unable to pick up your bib from the expo, and didn't select the "Race Day Bib Number Pickup Convenience" option during registration, you can pay the \$20 fee (cash only) and pick up your bib in Balboa Park inside the Finish Line Festival starting at 5 a.m.

GEAR CHECK

There will be no gear check for the 5K.

